

YOUR LEADERSHIP

AUXILIARY

Jr. Past President – Corinne Smith
 Madam President – Linda MacDonald
 Vice President – Ann Bowser
 Chaplain – Theresa Hart
 Secretary – Patricia Hartman
 Treasurer – Brenda Kearns
 Conductor – Karen Norris
 Inside Guard – Dana Marker
 Trustee – Penelope Oberst
 Trustee – Yvonne Patton
 Trustee – Regina Ruark

AERIE

Jr Past President – Jonathan Hooten
 President – Kevin Bowser
 Vice-President – Jose Cruz, Jr.
 Chaplain – Trevor Ardis
 Secretary – Tim Kearns
 Treasurer – Tom Sharpe
 Conductor – Mike Bukowski
 Inside Guard – Jonathan Epstein
 Trustee – George Fogleman
 Trustee – Lloyd Gorski
 Trustee – Buck MacDonald
 Trustee – Toby McLawhorn
 Trustee – Todd Patton



WHERE DO YOUR DONATIONS GO?

HOPE HOUSE

Since 1964, Hope House Foundation has supported individuals with developmental disabilities in living life on their own terms—not in group homes or institutions, but in homes they lease themselves. Today, they proudly stand beside over 125 people who are thriving with independence, dignity, and choice.

Each person’s journey is unique, but the mission of Hope House remains the same: to ensure everyone has access to the everyday joys many take for granted—cooking a favorite meal, having a pet, enjoying the arts, pursuing education, and gathering with friends.

Pictured below are a few of the people your generous support has helped:

Calvin, a Ravens fan and Yu-Gi-Oh! lover, recently fulfilled a lifelong dream with a trip to Disney World. “My life started out difficult, but I have worked my way up with support,” he says.

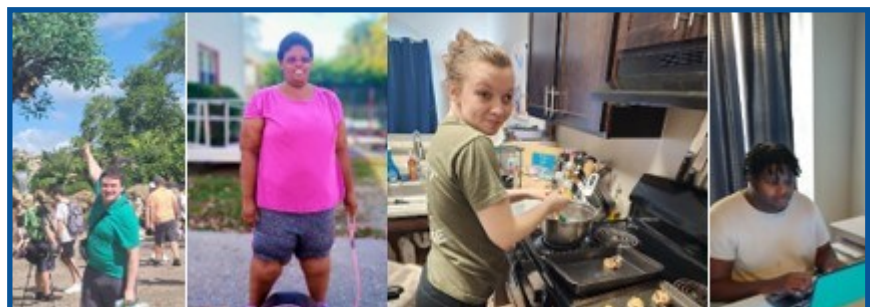
Ashley shares her life with her beloved dog, Holly. Living independently means everything to her: “I can’t imagine life without her.”

Kirstin, a baker and gardener, values her independence and voice. “I am not my brain injury,” she says. “I want to be respected like everyone else.”

Devon, a tech enthusiast, uses smart tools to manage his life confidently. His next big goal? Earning a driver’s license and owning a car.

Your support has directly fueled services that empower people to live the lives they choose. Your generosity makes it possible for people with disabilities to reach their full potential, contributing to a more inclusive, compassionate community and making their dreams come true.

Hope House is the main 2025-2026 charity for the 3204 Eagle Riders and together, they’re building a more inclusive and compassionate community.





Presidents' Messages

Sisters and Brothers,

Well, June certainly was a very busy month for everyone. Lots of fun and hard work went into the ritual competition, our June dinner, Father's Day brunch and of course, the convention in New Market. I'm so very proud of each and every one of you for all the work you have put in to make this a very successful month.

July is shaping up to be a very busy month as well with lots of opportunities for us all to gather together to have fun with all of our Brothers and Sisters and raise money for our charities along the way. So, please keep up with the events through the calendar and the wonderful flyers. I so look forward to seeing each of you at the Aerie during the events.

In looking forward, you are going to want to mark your calendars for this event, because They Are Back! Who, you say? We will once again be entertained and mesmerized by the Hula Studio Kahanuola dance group that Brenda Fogleman is a member of. Rumor has it that they have been working on some new dances to perform for us. This will be at our Auxiliary Dinner on September 6. Please plan on attending this event along with our dinner for some great food prepared by the ladies of the Auxiliary. Plus - DJ Shannon will be in the social room after the performance.

So, for now, I hope you have a wonderful month of July, and I look forward to seeing and talking with each and every one of you around the Aerie!

Linda MacDonald
Madam President

Hello again!

With a month under my belt as your Worthy President, I can safely say that it is not what I expected it to be. Sure, I solved a problem or two, signed more than a few checks and approved an emergency expense but the real action took place in the social room. Being introduced to people as the Worthy President and the immediate respect shown was overwhelming. Thank you all, once again, for the honor to serve.

It may be summer, time to relax, but the Aerie and Auxiliary are not slowing down. We have a full slate of activities planned in July. Print the calendar on page four and tape it up in your home; there is something for everybody.

Independence Day brings another picnic put on by the Trustees and it is followed immediately by a charity darts tournament and the monthly Auxiliary Dinner which always features good food, fun and a DJ to round out the evening. Later in the month the Delegates Club brings you Sunday Brunch at a reasonable cost and then the Eagle Riders are hosting their annual Thanksgiving in July dinner.

Also, don't forget Money Monday and Chef Evan cooking up daily dinner specials that go beyond what we all deserve. Good food. Good value. Good gracious, we are blessed!

At the State Convention at Aerie 4264 New Market we learned that 3.6 million dollars in charitable contributions came out of the State of Virginia! You played a major role in making that happen. Thank you!

Kevin Bowser
Worthy President

This is YOUR new Eagle Echo Newsletter! The content and character of this publication relies on all our Sisters and Brothers for input and commentary on the events that happen in our Aerie. Take a picture! Write a sentence! Share your thoughts!

Please send your submissions or suggestions to eagleecho3204@gmail.com

FOOD PANTRY

As summer unfolds, many families in our community face increased challenges in providing nutritious meals for their children. With schools out, the reliable source of school lunches is no longer available, placing additional strain on household food supplies.

At Vineyard Food Pantry we are committed to supporting these families by ensuring they have access to essential, shelf-stable foods. Two items that have proven invaluable are peanut butter and jelly. It's rich in protein, easy to store, and versatile-making it a staple in many households.

To address this gap, we are reaching out to our generous community for donations. Your contribution can make a significant difference in the lives of children and families who rely on our pantry services.

Your support is crucial in helping us provide nutritious meals to those in need during these summer months. Together, we can make a lasting impact.

Thank you for your generosity and commitment to our community.

Theresa Hart



FOOD PANTRY

People Helping People

"you are the peanut butter to my jelly"

MONTHLY FOOD DRIVE

We are currently requesting peanut butter and jelly
Any (not expired) food items are gladly accepted

Please drop items off at the Aerie. Pantry box is located in the foyer.



*"Alone we can do so little;
together we can do so much."*
- Helen Keller

VaBeach Aerie 3204 - 1061 Newtown Road

SICK AND VISITING

32 birthday cards were sent out in June. Other cards sent out:

Sympathy

Dawn Anderson, Crystal Roe and Toby & Blanche McLawhorn

Get well

Craig Dell, Ron Johnson, Virginia Lawter, Chris Pearson, Randy Estenson, and Tank Gorski

Thinking of You

Connie Shiera and Ellie Freitag

If you know anyone who needs a card, please contact...

Auxiliary: Dot Pearson— Email: dancingmother55@yahoo.com

Aerie: Tom and Linda Sharpe—Email: tlsharpe44@hotmail.com

AUXILIARY WAYS AND MEANS

I am looking forward to seeing everyone on the 5th at our July Dinner. We are trying something new for this holiday weekend; a tapas night! The night will start off with a charity dart tournament at 4PM, an assortment of nachos will be available from 5 to 7PM, and DJ Shannon will be there to provide the night's entertainment until 10PM. Let's get ready to party!

Now that the weather has warmed up, we are going to try to do more outdoor activities and make use of

our new yard. If you have any games/sports you would like us to consider please let us know.

As always, we appreciate all of your support at our events. The funds that are raised help us to meet our expenses and allow us to make donations to our Eagle Charity Foundation as well as local charities. This month the charity we are supporting is the Arthritis Foundation.

Sincerely,
Corinne Smith

GAMING NEWS

We have a couple of new members on our gaming committee. Returning member Theresa "T" Hart is joined by Tess Roper as the committee chairperson and committee member Brenda Kearns. What else is new – nine electronic pull tab machines! A new game was also recently added, with more to be phased in as the current games are played out.

The funds we receive from our electronic pull tab machines is our gaming income; but we can't use these funds for just anything we want. Once the required charity donations are disbursed the remaining funds are needed to pay our bills and expenses that fall within the State Gaming Commission regulations. Any request for the use of these funds must be approved on the Aerie floor, not by our gaming committee, and are disbursed by the Aerie Secretary.

We're happy to say that Money Monday is off to a great start, it's nice to see a lot more of your friendly faces stopping in. Each Monday that you come into the Aerie you will receive a raffle ticket for the Money Monday drawing on the last Monday of the month. The drawing will be held at 7PM, no tickets will be given out after 6:45PM on that day and you must be present to win. Don't miss your chance at a little extra spending money. 1st place - \$75, 2nd place - \$50, and 3rd place - \$25. Mondays might just start to be your favorite day of the week!

Be on the lookout for more fun gaming events, we're researching options and welcome your suggestions as well.

3204 Gaming Committee

Find us on the Internet...

Aerie website: <https://eagles3204.com/>

Auxiliary Facebook: <https://www.facebook.com/groups/auxiliary3204>

Aerie Facebook: <https://www.facebook.com/groups/aerie3204>

JULY 2025

SUN	MON	TUE	WED	THU	FRI	SAT
<p>29</p> <p>1:00 pm - 6:00 pm Scotch Doubles V Wrap Party and Tournament</p>	<p>30</p> <p>5:00 pm - 8:00 pm Dinner Special – Cheese Ravioli with Meatballs</p> <p>5:30 pm - 9:00 pm Line Dancing</p> <p>6:00 pm - 7:00 pm Trustee Meeting</p>	<p>1</p> <p>5:00 pm - 8:00 pm Dinner Special – Meatloaf</p> <p>6:30 pm - 7:00 pm JOM</p> <p>7:00 pm - 8:30 pm Auxiliary Meeting</p>	<p>2</p> <p>5:00 pm - 8:00 pm Dinner Special – Cheese Ravioli with Italian Sausage</p>	<p>3</p> <p>5:00 pm - 8:00 pm Free Birthday Dinner</p> <p>5:00 pm - 8:00 pm Dinner Special – Lasagna</p> <p>7:00 pm - 8:30 pm Aerie Meeting</p>	<p>4</p> <p>1:00 pm - 4:00 pm Independence Day Picnic</p> <p>5:00 pm - 8:00 pm Kitchen Closed</p>	<p>5</p> <p>5:00 pm - 10:00 pm Auxiliary Dinner</p>
<p>6</p>	<p>7</p> <p>5:00 pm - 8:00 pm Dinner Special - Grilled Pork Chop</p> <p>5:30 pm - 9:00 pm Line Dancing</p> <p>6:00 pm - 7:00 pm Trustee Meeting</p>	<p>8</p> <p>5:00 am - 8:00 pm Dinner Special - Fish and Chips</p> <p>7:00 pm - 8:30 pm Eagle Riders Meeting</p>	<p>9</p> <p>5:00 pm - 8:00 pm Dinner Special - Stir Fry Chicken over Rice</p>	<p>10</p> <p>5:00 pm - 8:00 pm Dinner Special - Open-Face Roast Beef</p>	<p>11</p> <p>5:00 pm - 8:00 pm Dinner Special - Steak Night</p>	<p>12</p> <p>6:00 pm - 10:00 pm Toby's Wing Night</p>
<p>13</p> <p>9:00 am - 11:00 am Aerie Delegates Brunch</p>	<p>14</p> <p>5:00 pm - 8:00 pm Dinner Special - Chicken Taco Salad</p> <p>5:30 pm - 9:00 pm Line Dancing</p> <p>6:00 pm - 7:00 pm Trustee Meeting</p>	<p>15</p> <p>5:00 pm - 8:00 pm Dinner Special - Chicken Picatta</p> <p>7:00 pm - 8:30 pm Auxiliary Meeting</p>	<p>16</p> <p>5:00 pm - 8:00 pm Dinner Special - Sweet and Sour Shrimp over Rice</p> <p>6:30 pm - 7:00 pm Ritual Team Practice</p>	<p>17</p> <p>5:00 pm - 8:00 pm Dinner Special - Meatloaf</p> <p>7:00 pm - 8:00 pm Aerie Meeting</p>	<p>18</p> <p>5:00 pm - 8:00 pm Dinner Special - Steak Night</p>	<p>19</p> <p>1:00 pm - 4:00 pm Thanksgiving in July</p>
<p>20</p>	<p>21</p> <p>5:00 pm - 8:00 pm Dinner Special - Grilled Tuna</p> <p>5:30 pm - 9:00 pm Line Dancing</p> <p>6:00 pm - 7:00 pm Trustee Meeting</p>	<p>22</p> <p>5:00 pm - 8:00 pm Dinner Special - Chicken Parmesan</p>	<p>23</p> <p>5:00 pm - 8:00 pm Dinner Special - Pepper Steak</p>	<p>24</p> <p>5:00 pm - 8:00 pm Dinner Special - Fried Chicken</p>	<p>25</p> <p>5:00 pm - 8:00 pm Dinner Special - Steak Night</p>	<p>26</p> <p>6:00 pm - 10:00 pm Patty Melts and Bologna Burgers</p>
<p>27</p>	<p>28</p> <p>5:00 pm - 8:00 pm Dinner Special - Goulash over Rice</p> <p>5:30 pm - 9:00 pm Line Dancing</p> <p>6:00 pm - 7:00 pm Trustee Meeting</p>	<p>29</p> <p>5:00 pm - 8:00 pm Dinner Special - Sweet and Sour Pork over Rice</p>	<p>30</p> <p>5:00 pm - 8:00 pm Dinner Special - Blackened Tuna Burrito</p>	<p>31</p> <p>5:00 pm - 8:00 pm Dinner Special - Chicken Pot Pie</p>	<p>1</p> <p>5:00 pm - 8:00 pm Dinner Special - Steak Night</p>	<p>2</p> <p>5:00 pm - 10:00 pm Auxiliary Dinner</p>



**Around
the
Aerie**






**Your Ronald McDonald House Charities Norfolk
2024 Donations at Work**






At Ronald McDonald House Charities Norfolk, we believe that families are strongest when they are together, especially during their most challenging times. With your generous donations, we provide more than just a room—we offer a true home-away-from-home.

Your continued support enables us to deliver family-centered care, complete with meals, a supportive community, and a comforting environment where families can focus on what truly matters: being together.

In 2024, your donations have:

 Kept 628 families close for 4,798 nights, saving them \$596,939. And in June, we served our 25,000 family since 1981.

Top five diagnoses for 2024 families:

-  • Premature babies
-  • Child mental health issues
-  • Newborn complications
-  • Surgical procedure
-  • Pectus Exavatum

New in 2024: Day Use Program



Upcoming Projects:

- Snack kiosk in the Emergency Department at CHKD
- NICU Bags: Welcome to the NICU and Welcome Home
- Family room at Sentara Princess Anne

"We are so thankful. We didn't have to worry about anything except for our daughter's well-being."

McFadden Family
25 Night Stay

© 2025 Ronald McDonald House Charities Norfolk



Charities List for May and June 2025

- Princess Anne High School Lacrosse Team**
- Tidewater Drillers 16U Baseball Team**
- Virginia State Aerie - SWP Charity**
- Eagles Baseball**
- Davis Corner Volunteer Fire and Rescue**
- Hope House Foundation**
- Vineyard Church Food Pantry**
- Families of Autism Coming Together**
- Ronald McDonald House**
- VCU - Ayanna Vasquez Scholarship**
- Virginia Disaster Relief Fund**
- LOVES: The Wildlife Center of Virginia**
- Foodbank: Backpacks for Schools**
- Empowerment Neurofitness Center**



August 2	Auxiliary Dinner Night
August 7	Birthday Dinner Night
August 10	Delegates Sunday Brunch
August 23	Eagle Riders Fish Fry

Calendar is subject to change. See the up-to-date calendar on our web site: <https://eagles3204.com/newsletter>

Independence Day
4th of JULY PICNIC
 From 1 to 4 PM

Hamburgers, Hot Dogs, and Baked Beans will be provided. Please bring a dish to share!

No Charge for Members
 Guests are \$5.00 each!

AUXILIARY 3204 CHARITY
DARTS
 TOURNAMENT

SATURDAY, JULY 5

REGISTRATION 3:45 PM
 DARTS FLY 4:00 PM
 \$5 PER PERSON

TEAMS BY BLIND DRAW
 SINGLE ELIMINATION

CASH PRIZES!
 (DETERMINED BY ENTRANT NUMBERS)

Ladies Auxiliary
 VaBeach FOE - 1061 Newtown Road

Saturday, July 5

Tapas Night

- \$10 Loaded Beef Nachos
- \$5 Nacho Chips & Salsa
- \$5 Nacho Chips & Cheese
- \$7 Cinnamon Sugar Nachos with Fruit Salsa

Entertainment Music by DJ Shannon
Charity 50/50 to Benefit the Arthritis Foundation

Aerie
Delegates Club

VaBeach Aerie 3204 - 1061 Newtown Road

Sunday Brunch

July 13 From 9 to 11 AM

\$10 Per Person

LET'S GET STUFFED!

EAGLE RIDERS' THANKSGIVING IN JULY

SATURDAY, JULY 19TH 12 TO 3PM

\$15.00 PER PERSON ALL YOU CAN EAT TURKEY, HAM, AND MASHERS

SIDE DISHES AND DESSERTS ALSO PROVIDED BY EAGLE RIDERS

ALL PROCEEDS BENEFIT THE UNION MISSION MINISTRIES

WINGS BY TOBY

Choice of...
Plain, Mild, Hot, Teriyaki, or Bourbon

Saturday, July 12
 VaBeach Aerie 3204
 5 to 8 PM

\$6.00
 Six Wings

Party Night!
 DJ 6 - 10 PM

MONEY MONDAY

COME OUT EVERY MONDAY AND GET A RAFFLE TICKET FOR A CHANCE TO WIN AT OUR DRAWING THE LAST MONDAY OF THE MONTH

YOU MUST BE PRESENT TO WIN THE DRAWING IS HELD AT 7PM

1ST PRIZE \$75
2ND PRIZE \$50
3RD PRIZE \$25

EVENT SPONSORED BY GROVER GAMING

Saturday, July 26
 VaBeach Aerie 3204

Burgers

5-8 PM *Patty Melts & Bologna Burgers*

DJ MUSIC 6-10 PM

Party Night

Fraternal Order of Eagles
ATTN: 3204 Eagle Echo
1061 Newtown Road
Virginia Beach, VA 23462-1393

Address Service Requested

“People Helping People”

Since 1898

POSTMASTER: DATED MATERIAL—DO NOT DELAY

Other Notes of Interest

If you wish to submit articles and pictures for the newsletter, please submit them to our newsletter team at:

EagleEcho3204@gmail.com

Articles and pictures must be about the Aerie Family or the community they support. Submissions should include a brief description of the event or activity with the date, names of the people in the photo, and by whom it was taken. All information must be received by the deadline of the 20th of the month to make it in the current newsletter. Submissions after that date will make it into the following newsletter.

Please join us on our Facebook page, [3204 Auxiliary Information Page 3204 or Fraternal Order of Eagles – Aerie 3204](#). These are private group pages to help pass along information on upcoming events and to ask for help with events. Our hope is that by knowing in advance what is coming up, that it will give more of us an opportunity to contribute!



We e-mail our Newsletter and other items of interest to members that have access to e-mail and the Internet. Please send your e-mail address to: EagleEcho3204@gmail.com and it will be added to our e-mailing list. Your e-mail will be used for FOE 3204 notifications only, it will **NOT** be given out to solicitors.

Aerie Phone: (757) 497-1876

Website: <http://eagles3204.com>